

## TRACKING ...

## NEWS



Thrift Shop opens with upgrades

PAGE 3

TRADOC visit focuses on FRGs

PAGE 3

## VETERANS



Local hero tells story of courage

PAGES 20-21

## INDEX

Commanders	2	Health	22
News	3-13	FMWR	23
Year of the NCO	10	School	24
OP-ED	16	Legal / IG	25
Around Post	17-18	Police	27
Happenings	19	Sports	32

# The Fort Jackson Leader



Thursday, August 6, 2009

Published for the Fort Jackson/Columbia, S.C. Community

www.jackson.army.mil

# State of mind



Photo by SUSANNE KAPPLER

Brig. Gen. Rhonda Cornum, director of the Comprehensive Soldier Fitness program, discusses the program with Gen. George Casey, Army chief of staff, during their visit to Fort Jackson last week.

## Army to start mental fitness program

By SUSANNE KAPPLER  
Fort Jackson Leader

The Army is looking to improve the resiliency of its Soldiers through a new program, which will be launched in October, said Gen. George Casey, Army chief of staff, during a visit to Fort Jackson July 30.

The Comprehensive Soldier Fitness program is designed to strengthen Soldiers emotionally, spiritually and socially, giving them the ability to cope with stress.

Casey emphasized that the Comprehensive Soldier Fitness program will be part of a Soldier's training from BCT through War College.

"This will be instituted so that at every level of Army school — officer and non-commissioned officer — there will be a different level of resilience training taught," he said.

Casey said that the demands during war time make it a necessity for the Army to teach its Soldiers adequate coping skills.

"The treadmill that we have been on as an Army for the last eight years ... is such that if we don't give Soldiers these skills, we're going to have increasing challenges," he said.

Brig. Gen. Rhonda Cornum, director of the Comprehensive Soldier Fitness program, said the program is designed to prepare Soldiers to deal with any situation. Resiliency

should be automatic just like loading a weapon is automatic to a Soldier, she said.

Cornum said that Soldiers are at a different level of emotional, mental, spiritual and social fitness when they enter the Army.

"It's an opportunity to help the entire Army, not just people in some crisis," she said. "We have 1.1 million people in the Army. Probably 98 percent of them don't have a diagnosis, don't have some kind of dysfunction. Most people don't flunk the PT test, but that doesn't mean everybody is in equally great shape. Psychological fitness is the same thing. Most people are OK, but not

See NEW PROGRAM: Page 13



# Proactive approach needed to curb suicides

**T**he Army has released its suicide data for June. And, I find the numbers again disconcerting, all of which leaves me deeply concerned.

So far this year, there have been 88 suspected active-duty suicides across the Army. From these cases, 54 have been confirmed and 34 are pending. For this same time period in 2008, there were 67 active-duty suicides.

The Army has confronted the problem head-on with mandatory training and an all-out, three-tiered stand-down approach, having completed the second phase in mid-July. The first two phases featured interactive training as well as small-unit leader involvement. The third phase will include annual sustained suicide prevention for all Soldiers, stressing common causes of suicidal behavior and the all-important role that Army leaders, friends, co-workers and families play in maintaining good behavioral health.

I am confident that we will continue to gain ground in being able to identify risk factors so that we can treat our Soldiers before they get to the point to where they believe there is no other way out.

Part of the problem is that we have not completely eliminated the stigma associated with post-traumatic stress disorder and those who actively seek help. There is nothing wrong with seeking care. It is an injury and should be treated like one. This stigma must be destroyed before we can advance the fight.

Another part of the problem is that there is often a combination of so many factors that lead to despair, mak-

## BRIG. GEN. BRADLEY W. MAY

*Fort Jackson  
Commanding  
General*



ing the task of identifying common denominators that much more difficult for our health care professionals. It's an ongoing task for our behavioral health folks who continually evaluate what existing programs are working and which ones need to be changed.

I am certain that research and evaluations will lead to enhancements to our current approach. We must remain proactive in helping our Soldiers develop and maintain a mental toughness and resiliency so that they are able to cope with any adversities that may confront them down the road.

As I have said in previous discussions on this topic, it is important that we continue to work the buddy system. We must take the Suicide Prevention Program guidance that we have received earlier this year and practice it. We are now better equipped to recognize suicidal behaviors among our comrades. And we know how to intervene.

Let's remember some of the warning signs that might include: broken relationships, legal and money problems, alcohol and/or drug abuse, sudden shifts in behavior, statements of a desire to end one's life, etc.

All of us need to make sure that we stay aware of these types of signs. If we notice one of our peers behaving in a way where these warning signs are present, we need to know how to intervene.

This task is ongoing. As we continue into the third phase of the stand-down program, our Army leaders are branching into other efforts aimed at curbing negative behavior and thoughts. We can't talk about any of these proactive measures without mentioning building and strengthening resiliency in our Soldiers.

We are doing this in a number of ways.

Battlemind training is something that we have incorporated into our program here at Fort Jackson. Key components of this include self-confidence and mental toughness. Its aim is develop a Soldier's inner strength so that he or she can confront fear and adversity with courage.

In the near future, you will hear more and more about the Comprehensive Soldier Fitness program, which is designed to strengthen Soldiers mentally, emotionally, physically and spiritually, giving them the ability to cope better with stress.

Stay tuned for more on this program.

Army Strong!

## *The Fort Jackson* **Leader**

**Fort Jackson, South Carolina 29207**

*This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.*

*The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army or Camden Media Company of the firms, products or services advertised.*

*All editorial content of the Fort Jackson Leader is prepared, edited, provided and approved by the Public Affairs Office of Fort Jackson.*

*The Fort Jackson Leader is published by Camden Media Company a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Jackson.*

*The civilian printer is responsible for commercial advertising.*

*For display advertising rates and information: call (803) 432-6157 or write Camden Media Company, P.O. Box 1137, Camden, S.C. 29020 For classified advertising information only: call (800) 698-3514 or e-mail skaress@ci-camden.com or fax (803) 432-7609.*

*To submit articles, story ideas or announcements for the community page, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@conus.army.mil.*

Commanding General .....Brig. Gen. Bradley W. May  
Public Affairs Officer ..... Karen Soule  
Command Information Officer .. Joseph Monchecourt  
Editor ..... Crystal Lewis Brown  
News editor/Staff writer..... Susanne Kappler  
Online editor/Staff writer..... Mike A. Glasch  
Staff writer ..... Steve Reeves  
Staff writer ..... Delawese Fulton  
Web site ..... [www.jackson.army.mil](http://www.jackson.army.mil)

# AOR; friendly fire; foreign-born spouses; relocation assistance

*Can I be awarded the Army Overseas Ribbon for being in Iraq?*

Soldiers are authorized to be awarded the OSR upon completion of a normal overseas tour in accordance with AR 614-30, Overseas Service. If a Soldier is credited with tour completion for serving Iraq, yes he or she can receive the OSR.

*What is considered friendly fire?*

In accordance with AR 600-8-1, Army Casualty Program, friendly fire is a casualty circumstance applicable to people killed in action or wounded in action mistakenly or accidentally by friendly forces actively engaged with the enemy, who are directing fire at a hostile force or what is thought to be a hostile force.

*I have a foreign-born spouse. What resources are available to her?*

The Army Community Service relocation program provides assistance to spouses concerning citizenship and immigration services, English as a second language and how to live and conduct business in the United States.

## COL. LILLIAN A. DIXON

*Fort Jackson  
Garrison  
Commander*



### GARRISON FACT OF THE WEEK

While moving is always stressful, your stress can be drastically reduced if you take full advantage of the information, education, and personal assistance provided to you by the relocation program.

This is the place to find answers and get referrals to other installation resources, as well as assistance with in-transit emergencies. The most important thing you can do to ensure a smooth move is to start planning early using the many relocation assistance program services and tools. Contact ACS at 751-5256 for all of your relocation questions or concerns.

*To submit questions, call 751-2842, or e-mail [scott.nahrwold@conus.army.mil](mailto:scott.nahrwold@conus.army.mil).*

### LEADER DEADLINES

The *Leader* welcomes reader submissions. When submitting an article, photo or announcement, please adhere to the following deadlines:

❑ Article submissions are due two weeks before the scheduled publication. For example, an article for the Aug. 20 *Leader* must be submitted by today.

❑ Announcements are due one week before the scheduled publica-

tion. For example, an announcement for the Aug. 20 *Leader* must be submitted by Aug. 13.

❑ Send all submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).

For more information, call 751-7045.

# Thrift Shop reopens after makeover

By JAN MAY

*Special to the Leader*

The Fort Jackson Thrift Shop reopened Tuesday after being closed for the month of July in order to upgrade the facilities, which include reorganizing products, painting and adding a new dressing room.

Anni Mezzofante, Fort Jackson Thrift Shop chairwoman, said the Thrift Shop changes will benefit everyone.

"The changes we made allowed us to create more space on the sales floor. This will allow our consignors a larger area to display their items and a less crowded space for shoppers," she said.

The Thrift Shop will also have many specials and half-priced items.

The Fort Jackson Thrift Shop has been in operation for more than 20 years. The shop's primary purpose is to return the money to the community in the form of support to Army Community Service programs, school programs, Family and Morale, Welfare and Readiness events and consignment checks.

In the past five years, the Thrift Shop has given more than \$60,000 in monetary support to these organizations. The Thrift Shop also employs five military family members and receives additional help from more than 35 volunteers.

Cheryl Stall, Thrift Shop Board adviser, shared the importance of volunteers.

"The Thrift Shop would not be able to operate without our volunteer force. Our goal is to give as much back to the community as possible," she said. "Volunteers give us the ability to do that by providing much of the work force without paying for it. We are so thankful for our dedicated volunteers."

Consignment opportunities are available for those hold-



Photo by SUSANNE KAPPLER

**Brenda Milton inspects clothes at the Thrift Shop Tuesday. The store reopened after being closed for one month to upgrade the facility and reorganize the layout.**

ing a valid military ID. Anyone with access to post can shop. Inventory includes collectibles, luggage, baby items, clothes, sports equipment, great furniture bargains and antiques.

The Thrift Shop is located at 4713 Lee Road in the same shopping complex as the Clothing Sales and the Class VI

stores.

The hours of operation are Tuesday, Wednesday and Thursday, 9 a.m. to 3 p.m. Consignments are accepted Tuesday and Thursday, 9:30 a.m. to 12:30 p.m.

Those interested can drop donations off at the Thrift Shop. Volunteer opportunities are also available.

## Arm families with knowledge, Dempsey says

By MIKE A. GLASCH

*Fort Jackson Leader*

As a mother with three children serving in the Army, Deanie Dempsey, wife of TRADOC Commander Gen. Martin Dempsey, had more than just a casual interest when she met with Fort Jackson family readiness group representatives during her visit here Tuesday.

The discussion centered around the best ways to get information out to FRG members.

"What you don't know is often more scary than what you do know. The more we

can arm them (family members) with the knowledge of what is going on, the better," Dempsey said. "We've got Web sites out there. What we need to do is make sure they all know what those Web sites are."

Dempsey added that it is a particular challenge getting information to family members of individual augmentees who are deployed.

She said that the Army does a good job at home base communications, when the



DEMPSEY

family member is at the same post the Soldier is deployed from, but struggles to provide the same level of service to IA families.

"Say you deploy from Fort Carson, but your spouse comes back to the Fort Jackson area. How do we track that? How do we take care of that family?" Dempsey asked. "Those are some of our biggest issues, how do we get the word out, how do we take care of them, when it's not the normal deployment?"

That is why Dempsey said when she visits its various TRADOC installations, she wants to know what steps individual FRGs are taking.

"We want to know what each post is doing — the good, the bad and the ugly," she said. "The good, we need to share around the Army itself. The bad, we need to see what we can improve upon."

"At the end of the day what's most important is that they are armed with information."

*Michael.A.Glasch@us.army.mil*

**Editor's note:** See Page 6 for more information on family readiness groups.



# Families benefit from new GI Bill

By **SGT. 1ST CLASS MICHAEL J. CARDEN**  
*Army News Service*

WASHINGTON — More than 25,000 service members pre-applied for the Post-9/11 GI Bill, which took effect Aug. 1, Pentagon officials said last week.

The bill now allows service members the option to transfer unused educational benefits to eligible family members.

The wave of applicants far exceeded the Defense and Veterans Affairs departments' expectations, said Bob Clark, the Pentagon's assistant director for accessions policy.

"We've seen, roughly, a thousand applications a day for the past week or so, and we expect that to continue," Clark said. "Transferability of these educational benefits has been one of the most requested provisions by family support groups, family advocacy groups and the troops out in the field and fleet."

The site, <https://www.dmdc.osd.mil/TEB/>, is accessible using a common access card, Defense Department self-service user identification or a Defense Finance and Accounting Service personal identification number.

Spouses and family members must be enrolled under their service member sponsor in the Defense Eligibility Enrollment Reporting System, also known as DEERS, to be eligible for the transfer benefit. Military members also can link to the site through <http://www.defenselink.mil/gibill>.

With the Post-9/11 GI Bill, service members are eligible for 36 months of educational benefits — the equivalent of four nine-month academic years. To qualify for the transfer benefit, service members must have six years of service on active duty or in the Selected Reserve on or after Aug.

1 and commit to an additional four years of service.

Service members have the option to use or transfer as much of their benefits as they want to, and they can revoke or redesignate recipients at any time, Clark said.

He added that service members can add names only while on active duty, and not after separating or retiring from active-duty service.

The unused benefits can be transferred to a spouse, two children or any combination, he said. But children cannot start using the benefit until they're 18 or have a high school diploma or equivalent. Clark noted that children enrolled in DEERS lose their military benefits at age 21 unless they are full-time students.

Only eligible dependents' names will appear on the registration Web site, he explained. Once service members register on the site and designate the recipient, the application will be processed through their appropriate service branch.

After the service verifies eligibility to transfer the benefits, the application will be forwarded and processed again through VA. And finally, when the selected dependent decides to use the benefit, he or she must go to the Department of Veterans Affairs Web site and fill out an online application to request a certificate of eligibility, Clark said.

The certificate then can be taken to the school to be processed by its Veterans Affairs representative and used to request tuition, payment for books and the living stipend, which varies by institution and location, he continued.

As of last week, more than 15,000 applications had been approved, and of those, 5,500 dependents already have requested certificates to start their education.

"I see this as a wonderful opportunity for our veterans, our service members, in particular, the families of our ca-

reer members to give them the opportunity to further their education and reach their dreams," Clark said.

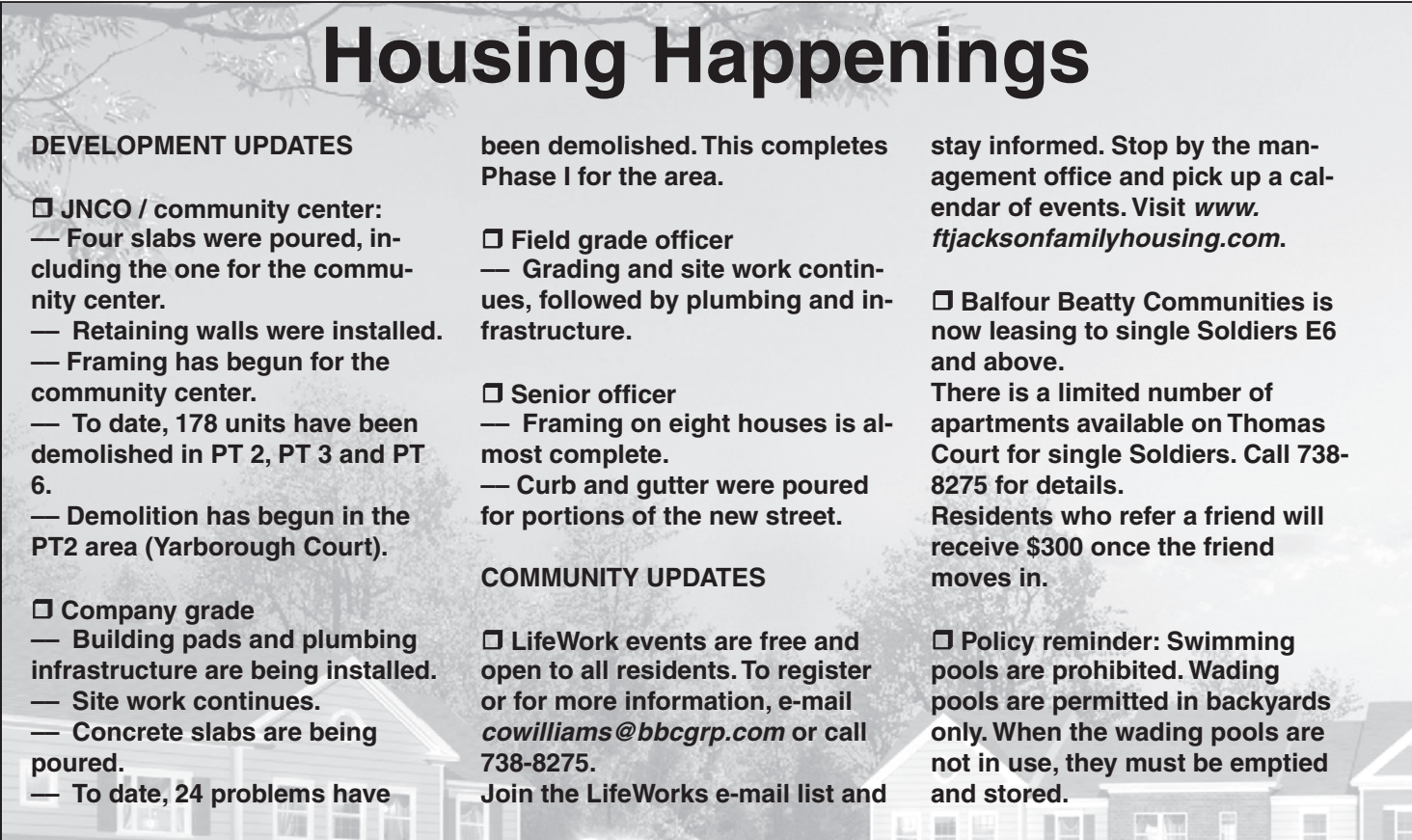
Most service members who have at least six years of military service as of Aug. 1, and agree to serve an additional four years qualify, he said.

Department officials have proposed measures to support service members who have at least 10 years of active service but can't serve the additional four because of service or department policy. They would, however, have to serve the maximum time allowed before separating from the military, he said.

Another provision will cover service members who will reach the 20-year service mark, making them retirement-eligible, between Aug. 1, 2009, and Aug. 1, 2013.

Clark explained how service members who complete 20 years of service will be able to transfer the benefits:

- Those eligible for retirement on Aug. 1, 2009, will be eligible to transfer their benefits with no additional service requirement.
- Those with an approved retirement date after Aug. 1, 2009, and before July 1, 2010, will qualify with no additional service.
- Those eligible for retirement after Aug. 1, 2009, but before Aug. 1, 2010, will qualify with one additional year of service after approval to transfer their Post-9/11 GI Bill benefits.
- Those eligible for retirement between Aug. 1, 2010, and July 31, 2011, will qualify with two additional years of service after approval to transfer.
- Those eligible to retire between Aug. 1, 2011, and July 31, 2012, will qualify with three additional years of service after approval to transfer.



## Housing Happenings

### DEVELOPMENT UPDATES

- ☐ **JNCO / community center:**
  - Four slabs were poured, including the one for the community center.
  - Retaining walls were installed.
  - Framing has begun for the community center.
  - To date, 178 units have been demolished in PT 2, PT 3 and PT 6.
  - Demolition has begun in the PT2 area (Yarborough Court).
- ☐ **Company grade**
  - Building pads and plumbing infrastructure are being installed.
  - Site work continues.
  - Concrete slabs are being poured.
  - To date, 24 problems have

been demolished. This completes Phase I for the area.

- ☐ **Field grade officer**
  - Grading and site work continues, followed by plumbing and infrastructure.
- ☐ **Senior officer**
  - Framing on eight houses is almost complete.
  - Curb and gutter were poured for portions of the new street.

### COMMUNITY UPDATES

- ☐ **LifeWork events are free and open to all residents.** To register or for more information, e-mail [cowilliams@bbcgrp.com](mailto:cowilliams@bbcgrp.com) or call 738-8275. Join the LifeWorks e-mail list and

stay informed. Stop by the management office and pick up a calendar of events. Visit [www.ftjacksonfamilyhousing.com](http://www.ftjacksonfamilyhousing.com).

- ☐ **Balfour Beatty Communities is now leasing to single Soldiers E6 and above.** There is a limited number of apartments available on Thomas Court for single Soldiers. Call 738-8275 for details. Residents who refer a friend will receive \$300 once the friend moves in.
- ☐ **Policy reminder: Swimming pools are prohibited.** Wading pools are permitted in backyards only. When the wading pools are not in use, they must be emptied and stored.

### LEADER INFORMATION

- ☐ Article submissions are due two weeks before the scheduled publication. For example, an article for the Aug. 27 *Leader* must be submitted by today.
- ☐ Announcements are due one week before the scheduled publication. For example, an announcement for the Aug. 27 *Leader* must be submitted by Aug. 13.
- ☐ Send all submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).
- ☐ For more information, call 751-7045.
- ☐ For questions regarding advertising or subscriptions, call 432-6157.

Follow us on Twitter at [www.Twitter.com/FortJacksonPAO](http://www.Twitter.com/FortJacksonPAO). Become a "fan" by visiting [www.Facebook.com](http://www.Facebook.com) and search "Fort Jackson Leader."



# FRG fundraising limit raised to \$10K

By **CRYSTAL LEWIS BROWN**  
Fort Jackson Leader

Fort Jackson's family readiness groups' fundraising limits have increased to \$10,000, post officials said Monday.

A new policy letter outlining new fundraising guidelines, including the increased limit, was released last week.

The topic was among several discussed during Monday's FRG steering committee meeting, the third this year.

The new \$10,000 limit brings Fort Jackson's limit on par with other TRADOC installations.

Kristi Arnold, 17th Military Police Detachment FRG leader, said the increase is welcome.

"I think it's a very good thing," she said. "If you can raise more (money), it gives you more for your FRG."

The new policy also clarifies when FRGs can hold fundraisers. Although the previous policy allowed fundraising on graduation day, it did not specify whether fundraising was allowed during Family Day activities. The new policy states that both are allowed, with prior approval and as long as groups follow certain guidelines.

Because Arnold is part of a detachment that falls under the garrison, her organization is not affected by that part of the policy. Even so, she said she thinks it is a good thing.

FRG leaders and unit commanders were also given a briefing on using social networking sites for their various groups.

Brig. Gen. Bradley May, Fort Jackson commanding general, said that now that the Army has started to embrace social networking sites, such as Facebook and Twitter, Fort Jackson has followed suit.

"The reality is that this is here to stay," he said. "You

can either get on the bus, or you can stay at the bus stop. We're going to get on the bus."

Duane Myers, with the post communications, or G-6, office, gave attendees a presentation on the various forms of social media, along with a copy of the new "Use of social media" policy letter. Those interested in starting a social networking site for their FRG should contact their FRG leader and/or unit commander.

The FRG steering committee meetings are held every other month, and are a way for battalion FRG leaders to share their concerns with the command group.

Arnold, who has led her organization's FRG for the past two years, said the meetings are helpful.

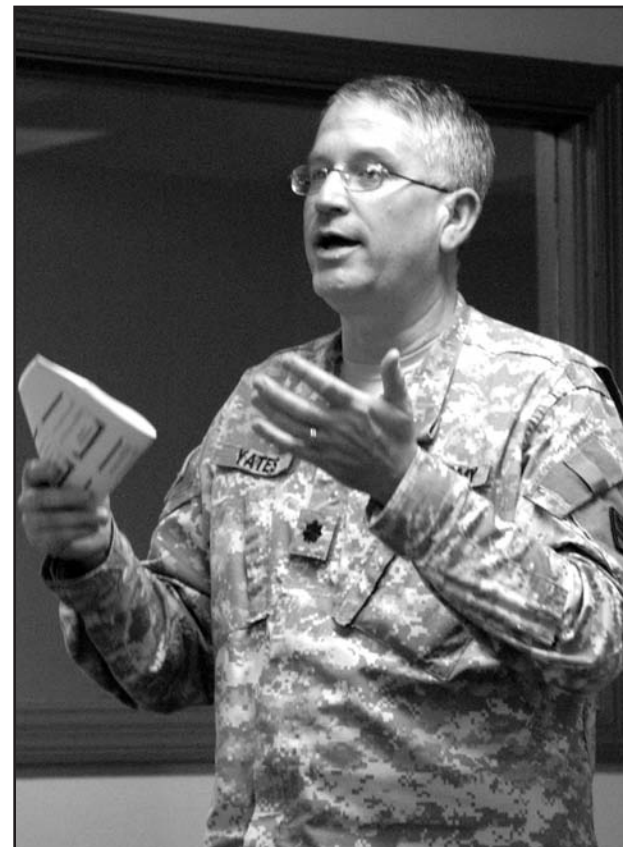
"I'm a big advocate of the (FRG steering committee)," she said. "It bring us together every other month, and everything we've brought to (the command group), they've tried their hardest to make it work."

*Crystal.Y.Brown@us.army.mil*

## CAMPAIGN PLAN FOCUS



Family readiness groups are recognized in the Fort Jackson campaign plan as a major objective (6.7 on the strategy map). This falls under the campaign objective "enhance quality of life for families." Quality of life is one of the three lines of operation of the Fort Jackson campaign plan.



*Photo by CRYSTAL LEWIS BROWN*

**Lt. Col. Everett Yates, deputy staff judge advocate, talks to attendees at Monday's family readiness group meeting about the new fundraising policy for FRGs.**

## Record service



*Photo by 2ND LT. REGGIE PARKER; 120th Adjutant General Battalion (Reception)*

**More than 1,000 Soldiers comprising six companies board buses leaving for the 2nd Battalion, 39th Infantry Regiment recently. Company B, 120th Adjutant General Battalion (Reception) and the 120th Reception Operation Center processed and transported the Soldiers in one hour, a record time.**

## Retiring from service



*Photo by CRYSTAL LEWIS BROWN*

**From left, Staff Sgt. Vincent Anderson, 2nd Battalion, 307th Field Artillery Regiment; Sgt. 1st Class Roger Harris, Decatur, Ga.; 1st Sgt. Penny Walls; and Col. Romeo Perez, both MEDDAC, are honored in last week's Retirement Review in front of Post Headquarters.**

Perfect aim



*Courtesy photos*

**Pfc. Tyler Harriman, left, and Pvt. Sigfredo Valdes, both with Company B, 3rd Battalion, 60th Infantry Regiment, hit all 40 targets during their Basic Rifle Marksmanship qualification, designating them “hawkeyes.” Both are scheduled to graduate today.**

# AAFES matches tax-free holiday

*From AAFES*

AAFES shoppers will receive an added discount during this weekend’s sales tax holiday, AAFES officials announced last week.

The PX will effectively double the Exchange’s tax-free benefit from Aug. 7-9 (South Carolina’s designated “tax holiday”), offering an additional percentage off (equivalent to the local sales tax rate) AAFES prices.

“Shoppers with PX privileges aren’t subject to the restrictions and limited savings opportunities available through a ‘tax holiday,’” said Jason Rosenberg, exchange general manager. “In fact, exchange shoppers who shop the Fort Jackson PX during this year’s ‘tax holiday’ will see an added benefit as local sales tax percentage discounts will be matched, by category.”

For example, a Soldier buying an item on the state’s list of tax-free items at the PX will see an additional 7 percent (Columbia’s sales tax rate) discount on all qualifying items.

Shoppers can also use AAFES’ price-matching program, in which the store matches the lowest local price.

Additional details concerning AAFES’ “We’ll Match It!” program, as well as links to upcoming “back to school” sales and specials are available at [www.aafes.com](http://www.aafes.com).





# King continues to make history

**Rank, name**  
Command Sgt. Maj. Teresa King

**Unit**  
369th Adjutant General Battalion

**Military Occupational Specialty / Job title**  
Command sergeant major/ 42A, human resources specialist

**Years in service**  
29

**Family**  
“Married to the Army”

**Highest education**  
Pursuing a doctorate



Photo by CRYSTAL LEWIS BROWN

**Command Sgt. Maj. Teresa King takes a break from work to read her Bible. The 29-year Army veteran is also a licensed evangelist.**

**Hobbies**  
Running, studying the Bible, spending time with family

Command Sgt. Maj. Teresa King’s career has spanned almost three decades and as many continents. In her 29 years of service, in addition to Fort Jackson, she has been assigned to Stuttgart, Germany; Fort Dix, N.J.; the Pentagon (Washington); Fort Bragg, N.C., Camp Casey, Korea; and Supreme Headquarters Allied Powers Europe (Belgium).

King’s most memorable Army experience was her selection as the first woman to serve as first sergeant of HHC, XVIII Airborne Corps, the largest company on Fort Bragg.

“It is normally an infantryman who does that job,” she said. “That, to me, was probably the pinnacle (of my career).”

Twelve years after that historic selection, King will make history again in

## NCO spotlight

September when she becomes the first woman to serve as commandant of the Drill Sergeant School.

King said one event that influenced her military career was when she served as acting brigade sergeant major during the 9/11 attacks — a position which required her to provide security and accountability for the Airborne Corps Soldiers. The command sergeant major was on leave and when King called him to report the situation, he told her to “execute” the mission.

The brigade commander agreed that King, who was at that time a first sergeant, could take point.

“I remember conducting a promotions

board, and a sergeant ran in and said, “They’re hitting the towers,”” she said. “The brigade sergeant major trusted me ... he left it up to me to lock down the corps.”

One of King’s future goals is to complete her doctorate in divinity. She is already a licensed evangelist.

The seasoned Soldier has plenty of advice for junior enlisted Soldiers.

“Find a mentor. Find someone you can ... emulate,” she said. “Get as much training as you can get, and learn from those who supervise you.”

She also has advice specific to NCOs, and she encourages them to always remember the Army values.

“Whether on or off duty, (your) job is to uphold the NCO Corps.”

We salute you!

## The NCO Creed

No one is more professional than I. I am a noncommissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time-honored corps, which is known as “the backbone of the Army.” I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own.

I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers.

I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

### FOLLOW THE LEADER

Follow us on Twitter at [www.Twitter.com/FortJacksonPAO](http://www.Twitter.com/FortJacksonPAO). Log on to your Facebook account and become a Leader “fan” by visiting <http://bit.ly/10gj2x>, or go to [www.Facebook.com](http://www.Facebook.com) and search “Fort Jackson Leader.”



# New program targets mental, emotional fitness

Continued from Page 1

everybody is in a 300-plus kind of category.”

To find out where Soldiers rank in terms of resiliency, the Army will launch a Global Assessment Tool, which Cornum compared to a “PT test for mental health.”

The tool evaluates a Soldier’s social, emotional, family and spiritual strength.

“The reason that’s important is ... not everybody needs the same education and training at the same time in their life,” Cornum said. “So this will help people do two things. It will give people an understanding of where they are and where they need to improve. It will then direct them to either online or local training, depending upon where they live, that would help them to improve in those areas specifically.”

Cornum emphasized that results of the assessment are confidential and will not be available to anyone in the Soldier’s chain of command.

Casey said that Fort Jackson, the largest Initial Entry Training installation in the Army, is a prime location for the program.

“I’ve been running around, seeing some of the training and talking to some of the Soldiers, and I must say, there’s great potential here for the program,” he said.

*Susanne.Kappler1@us.army.mil*

## CAMPAIGN PLAN FOCUS



The Comprehensive Soldier Fitness program is designed to improve Soldier resiliency, which is a major objective of the Fort Jackson campaign plan (7.1 on the strategy map). This falls under “quality of life,” one of the three lines of operation of the Fort Jackson campaign plan.

## Casey attends Family Day

In addition to his focus on the Comprehensive Soldier Fitness program, Gen. George Casey, Army chief of staff, took the opportunity to address graduating BCT Soldiers and their families during the Family Day activities of the 3rd Battalion, 13th Infantry Regiment on Hilton Field.

“You’re joining an Army that is the best in the world at what it does,” he told the Soldiers. “You will become part of a great team and a great family.”

Casey extended special thanks to the drill sergeants who transform civilians into Soldiers. He said that the Army celebrates this year as the Year of the NCO because noncommissioned officers are the glue that holds the Army together.

“Nowhere is the competency of our noncommissioned officers more visible than here at Fort Jackson with our drill sergeants,” Casey said.

At the start of the ceremony, the graduating Soldiers entered the field from the wood line through a cloud of multi-colored smoke — a sight that touched the 39-year Army veteran.

“I was standing there, watching the Soldiers come out of the woods and the smoke, running out in their formation,” Casey described the scene after the event. “If you don’t get a lump in the throat when that happens, you’re not wearing the uniform for the right reason.”

— SUSANNE KAPPLER

## Farewell visit

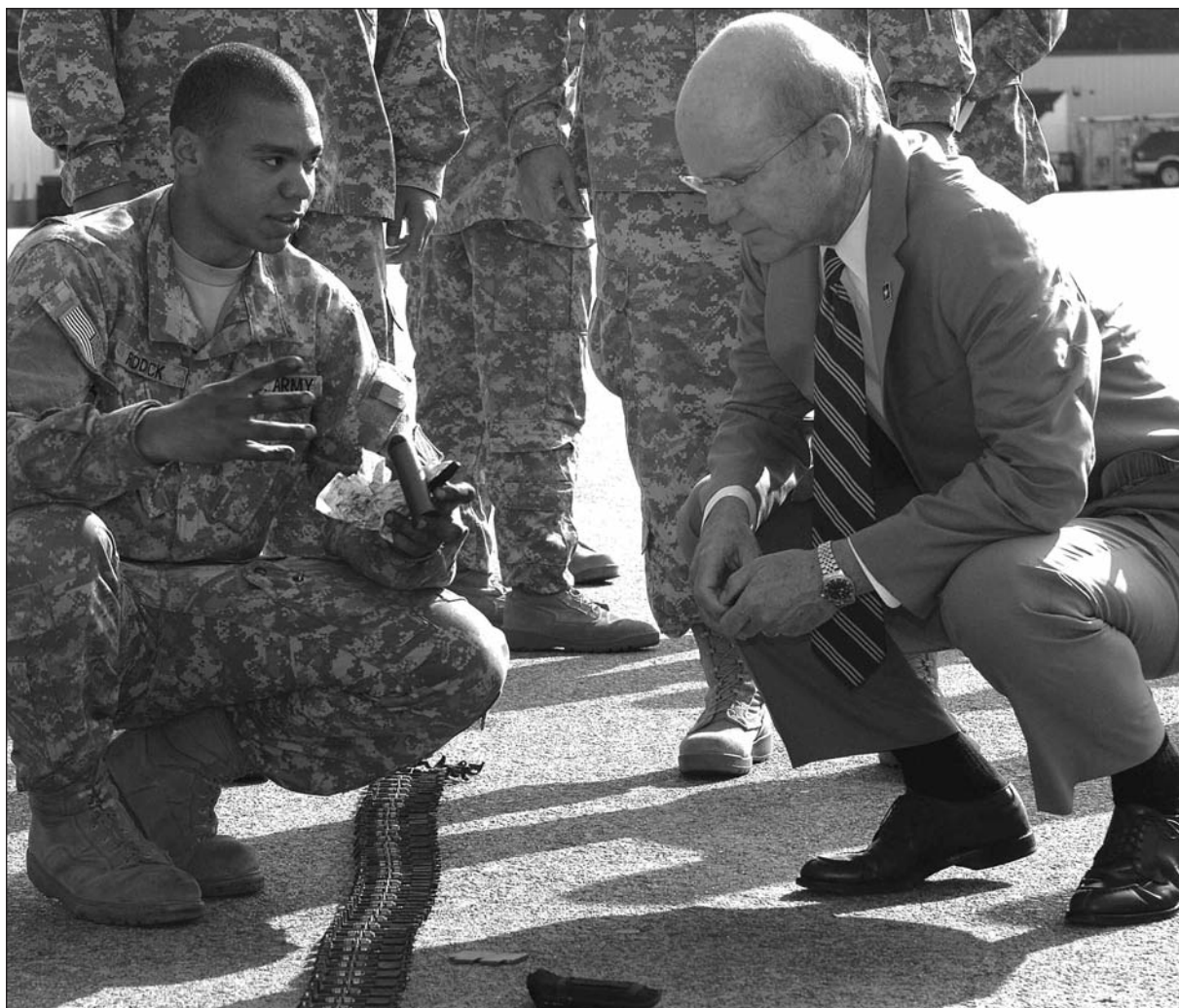


Photo by SGT. JONATHON JOBSON, Army News Service

Spc. Spence Riddick, Company D, 1st Battalion, 3rd Aviation Regiment, 3rd Combat Aviation Brigade, 3rd Infantry Division, explains to Secretary of the Army Pete Geren how to gauge ammunition linkage for the 30mm machine gun during Geren’s visit to Fort Stewart Monday. The visit was Geren’s last official trip as Secretary of the Army.

## DOIM Signals

Fort Jackson has migrated 50 percent of all Windows-based computers to Windows Vista and Office 2007 by July 30.

Phase 1 of the software migration is now complete. The remaining phases are:

Phase 2: 100 percent of systems will have migrated by Oct. 31.

Phase 3: Migration of unique systems and applications; life-cycle replacements; reutilization systems, etc.

DOIM Vista and Office 2007 points of contact are:

Project Lead: Lashanda Howard, 751-7965; [Lashanda.Howard@us.army.mil](mailto:Lashanda.Howard@us.army.mil)

Task Force Lead: Marcus Good, 751-7299; [Marcus.Good@us.army.mil](mailto:Marcus.Good@us.army.mil)

Effective Oct. 1, the Directorate of Information Management will be renamed. The new name will be “U.S. Army Signal Network Enterprise Center — Fort Jackson.” The new acronym will be “NEC.”

### LEADER DEADLINES

The *Leader* welcomes reader submissions. When submitting an article, photo or announcement, please adhere to the following

deadlines:

Article submissions are due two weeks before the scheduled publication. For example, an article for the Aug. 20 *Leader* must be

submitted by today.

Announcements are due one week before the scheduled publication. For example, an announcement for the Aug. 20 *Leader* must be submitted by Aug. 13.



# Cadets learn real-life lessons in BCT

For one group of U.S. Military Academy cadets, an experience at Fort Jackson has played a major part in the type of officers these students will soon become.

The 15 cadets from the U.S. Military Academy at West Point, N.Y., joined the Soldiers of Fort Jackson's 1st Battalion, 61st Infantry Regiment for three weeks of summer training recently.

Before cadets graduate from West Point and receive their commission as second lieutenants, they must complete several requirements, including Cadet Basic Training, a more advanced Cadet Field Training, a leadership detail and Cadet Troop Leadership Training.

During CTLT, cadets embed with an active duty Army unit and assume the duties of a platoon leader or executive officer. While at Fort Jackson, cadets worked with the Basic Combat Training cadre to enhance their individual leadership skills, learn about the relationship between officers and their NCOs, gain active-duty Army exposure, and enhance the new Soldiers' initial entry training. Cadets also had the opportunity to practice basic soldier skills such as the Army Physical Fitness Test, M-16 qualification, Combat Lifesaver Training and tactical road marches.

While every cadet accomplishes the same list of basic tasks, they can also claim a unique set of experiences. For the three cadets assigned to Company D, those experiences have been courtesy of the drill sergeants, cadre and Soldiers who call themselves the "Dragons."

---

## COMMENTARY

### Cadet Pete Knoetgen

*U.S. Military Academy at West Point*

---

As the acting platoon leaders for the 1st platoon "War Dawgs," the 3rd platoon "Assassins" and the 4th platoon "Outlaws," the cadets took ownership of their new Soldiers' transformations. The cadets helped conduct morning physical training sessions, which included runs with the company's elite runners, called "A-Train."

They also assisted in Advanced Rifle Marksmanship instruction, which included a night fire, using controlled pairs while engaging targets at close proximity and the new Basic Rifle Marksmanship strategy taught by the Asymmetric Warfare Group.

The instruction and leadership duties undertaken by the cadets provided them with relevant, real-world experience that mirrors their future duties.

But not all of the benefits occurred in controlled training environments; some of their most valuable education took place while simply talking with their drill sergeant counterparts. The knowledge and experience of the drill sergeants helped the cadets understand Army complexities that a field manual or textbook could never fully capture.

By bettering themselves as leaders and Soldiers, the West Point cadets took an important step in their profes-



*Courtesy photo*

**From left, Cadet Sean Joyce, Sgt. 1st Class Troy Roy, Cadet Cordell Lain, Sgt. 1st Class Robert Cooper and Cadet Pete Knoetgen worked together during the cadets' stay with Company D, 1st Battalion, 61st Infantry Regiment.**

sional development. They left Fort Jackson and 1st Battalion, 61st Infantry Regiment with a better appreciation of their role in the Army and the responsibility they will have to their Soldiers in one short year when they become commissioned officers.

# CMS process gives voice to community

In July, Customer Management Services requested issues from the community for the Community FIRST/AFAP issue resolution process. Issue forms were divided into two categories — active issues (actions to complete) and non-issues (no action requested). It is now the second month of fourth quarter, and each active issue has been forwarded to the directorate/organization responsible for its resolution. Each will be addressed and completed or will remain active until the Installation Action Council convenes in September. During the IAC, issues will be vetted and voted to remain active, forwarded to Army Family Action Plan for consideration at a higher level or deemed unattainable.

Community FIRST is a quarterly process, designed to identify and resolve issues that impact the well-being of the Fort Jackson community and which are beyond the capability of resolution by facility managers. Submitting issues each quarter allows the leadership to resolve a larger number of concerns throughout the year rather than solely through the annual Army Family Action Plan conference. It is important to have a cross-section of submissions to ensure each constituent group (Soldiers, retirees, family members, and civilian employees) is reached and their concerns addressed.

More than 755 issues have been submitted since the program's inception, with a large number of those reaching a positive resolution. Both community members and Fort Jackson leadership have played a vital part in the success of the program. It is a great way for people to actively participate in improving customer service on the installation and to have their voices heard about matters that are im-

## CUSTOMER SERVICE CORNER

By **VERONICA PATRICK**  
*Community FIRST Coordinator*



portant to them. As part of the Community FIRST process, constituent-based focus groups are conducted. These events are forums for attendees to voice their concerns with the installation's programs and services or to suggest new programs and services. Anyone who lives, works, trains and participates in recreational activities on Fort Jackson is eligible to take part in the process. A trained facilitator assists the group in formatting the issues for submittal to the action agencies and to brief them to the garrison command. Once a response is received from action agencies, the issue's status is reported to the community. Fort Jackson focus groups are productive events and include food, fun and prizes. Child care is provided and no previous experience is necessary. There are two focus groups currently planned for September — teens and drill sergeant spouses. Volunteers to represent either group are needed. Teens should be military dependants, 13 to 17; spouses (male or female) should be married to either a drill sergeant or cadre in a basic com-

bat training unit. Volunteers who meet these criteria should contact the Community FIRST coordinator at 751-3425 or 751-4926 for information about registering. Personnel are also sought to be trained to serve as facilitator, recorder, transcriber or issue support for these focus groups. A complete list of Community FIRST/AFAP issues and their status may be viewed on the Customer Management Services Web site: <http://www.jackson.army.mil/WellBeing/CMS.htm>. New issues may be submitted on the site as well by clicking on "submit an issue or recommendation" or on the Community FIRST/AFAP logo.

Whether it affects individuals and constituent groups here at the installation level or throughout the Army, feedback is important. Let your voice be heard! *Editor's note: This week's issue is Veronica Patrick's last with Customer Management Services. She is the new Army Community Service AFTB/AFAP program manager. She said she is looking forward to continuing the partnership between AFAP and CMS, and thanks all those who have assisted her throughout the past year. Her new office is in the Family Readiness Center, building 3499.*

## ICE APPRECIATION

The garrison congratulates the Directorate of Human Resources, specifically Personal Strength Management and Personnel Automation Work Center. They earned a 5.0 and a 4.97 percent rating, respectively, in employee/staff attitude out of a possible 5.0, for a 12-week period. This is an outstanding performance in customer satisfaction.

# Saluting the cycle's Basic Combat Training honorees

## DRILL SERGEANTS OF THE CYCLE



**Staff Sgt.**  
**Tyesha Johnson**  
Company A  
3rd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pfc. Tony Green

**SOLDIER OF THE CYCLE**  
Pfc. Derek Winmill

**HIGH BRM**  
Pfc. Derek Winmill

**HIGH APFT SCORE**  
Pvt. William Woodard II



**Staff Sgt.**  
**Christopher Walker**  
Company B  
3rd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Spc. Andrea Hornor

**SOLDIER OF THE CYCLE**  
Spc. Daniel McGee

**HIGH BRM**  
Pfc. Tyler Harriman

**HIGH APFT SCORE**  
Pfc. Christopher Miller



**Staff Sgt.**  
**Joseph Crossman**  
Company C  
3rd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pvt. Matthew Kohl

**SOLDIER OF THE CYCLE**  
Pvt. Justin Bailey

**HIGH BRM**  
Pfc. James Wallace

**HIGH APFT SCORE**  
Pvt. Michael Thomas



**Staff Sgt.**  
**Alexander Phillips**  
Company D  
3rd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pfc. Kumulia Long

**SOLDIER OF THE CYCLE**  
Pfc. Chase Rendleman

**HIGH BRM**  
Pvt. Jonathan Lobre

**HIGH APFT SCORE**  
Spc. Buster Reed



**Staff Sgt.**  
**Rene Zamora**  
Company E  
3rd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pfc. Johnathan Kidd

**SOLDIER OF THE CYCLE**  
Pvt. Kathleen Thompson

**HIGH BRM**  
Pfc. Jacob Clements

**HIGH APFT SCORE**  
Spc. Jonathan Glover



**Sgt. 1st Class**  
**Brian Reaves**  
Company F  
3rd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Spc. David Thacker

**SOLDIER OF THE CYCLE**  
Pvt. Laura Reginek

**HIGH BRM**  
Pvt. Tyler Hlawek

**HIGH APFT SCORE**  
Pfc. John Bullough

## SUPPORT AWARDS OF THE CYCLE

**TRAINING SUPPORT AWARD**  
Pfc. Bobby Headen

**DFAC AWARD**  
Michael Heckman

**FAMILY SUPPORT AWARDS**  
Tracy Fuentes and Brandi Klass



# August Promotions

Name	Rank	Unit	Name	Rank	Unit
FLY Jr., James O.	COL	Student Detachment	PARENT, Kenneth B.	SFC	Co. A, 1st Bn., 61st Inf. Reg.
CHAMBERLAYNE, Edward P.	LTC	Student Detachment	PARKER, Ronald E.	SFC	Co. E, 1st Bn., 61st Inf. Reg.
MAYER, Christopher T.	LTC	Student Detachment	PHILLS, Marlon A.	SFC	Co. F, 2nd Bn., 39th Inf. Reg.
VEGA, Juan C.	LTC	Student Detachment	ROBERTSON, Roslyn M.	SFC	Co. D, 1st Bn., 34th Inf. Reg.
BURNHAM, Kevin W.	MAJ	MEDDAC	ROBINSON, Cynara A.	SFC	Co. A, WTU
JENSON, John F.	MAJ	Student Detachment	RUOPP, Matthew J.	SFC	Co. F, 2nd Bn., 60th Inf. Reg.
ADCOCK, Justin T.	CPT	Company A, TSB	SHACKLOCK, Nicholas A.	SFC	Co. A, 4th Bn., 10th Inf. Reg.
CHARLES, Shannona R.	CPT	Company A, TSB	SHAW, Timothy S.	SFC	Co. D, 3rd Bn., 13th Inf. Reg.
GRIMES, Katrina B.	CPT	Student Detachment	VO, Aaron T.	SFC	Co. B, 4th Bn., 10th Inf. Reg.
HARVEY, Jonathan D.	CPT	Student Detachment	WOODALL Jr., Charles W.	SFC	Co. F, 1st Bn., 61st Inf. Reg.
MARICEVIC, John V.	CPT	Co. E, 120th AG Bn.	ALLBRITTON, Bradley C.	SSG	HHC, 1st Bn., 34th Inf. Reg.
ROMERO, Ronda S.	CPT	MEDDAC	ANDERSON, Bartholomew J.	SSG	MEDDAC
ALLEN, David E.	1LT	Student Detachment	BAILEY, Laytonia s.	SSG	HHC, 187th Ord. Bn.
ANDERSON, Duane M.	1LT	Student Detachment	BAKER, Chad A.	SSG	Co. B, 120th AG Bn.
OLIVAREZ, Feliz R.	1LT	Student Detachment	BICK, Donald J.	SSG	HHC, 165th Inf. Brig.
STAGG, Kathea A.	1LT	Co. A, TSB	DEWALT, David A.	SSG	Co. E, 1st Bn., 34th Inf. Reg.
MCKEITHEN, Tracy W.	CW3	HHC 187th Ord. Bn.	FORD, Gerald E.	SSG	Co. B, 187th Ord. Bn.
WILDER Jr., William R.	CW3	Student Detachment	GARRIDO, Jeremy G.	SSG	282nd Army Band
FELTON, Gerald B.	MSG	Co. B, 369th AG Bn.	HALL, Jerrad D.	SSG	HHC, 120th AG Bn.
HUBBLE, Dale M.	MSG	1/345th EN Reg.	JOHNSON, Steven M.	SSG	282nd Army Band
KIDD, Gerald R.	MSG	Co. C, 3rd Bn., 13th Inf. Reg.	MARTINEZ, David M.	SSG	Co. C, 2nd Bn., 39th Inf. Reg.
NELSON, Nakia T.	MSG	Co. B, TSB	MCCRAW, Otis C.	SSG	Co. C, 2nd Bn., 39th Inf. Reg.
WIGGS, Jerry W.	MSG	Co. A, 187th Ord. Bn.	NETZER, Christina J.	SSG	17th MP Det.
WILLIAMS, Terra L.	MSG	MEDDAC	RESSET, James E.	SSG	282nd Army Band
WILLIAMS, Tommy L.	MSG	HHD, 193rd Inf. Bde.	TAYLOR, Jeremy M.	SSG	HHC, 1st Bn., 34th Inf. Reg.
AMES, Joseph K.	SFC	HHC, 120th AG Bn.	WHITE, Daniel L.	SSG	MEDDAC
BARAJAS Jr., Luis B.	SFC	Co. B, 4th Bn., 10th Inf. Reg.	BAHLEY, Troy A.	SGT	MEDDAC
BESSEY, Lawrence A.	SFC	Co. F, 1st Bn., 61st Inf. Reg.	CHAUDHRY, Noshad N.	SGT	4th FA, Shaw AFB
COMBS, Richard L.	SFC	Co. F, 3rd Bn., 60th Inf. Reg.	DAVIS, William M.	SGT	Co. D, 3rd Bn., 60th Inf. Reg.
CORNISH, Leighton C.	SFC	MEDDAC	HOHL, Christine L.	SGT	HHD, 193rd Inf. Bde.
DARA, Andrew S.	SFC	Co. B, 2nd Bn., 39th Inf. Reg.	JONES, James F.	SGT	17th MP Det.
FRIENDLY, Amy S.	SFC	Co. C, 3rd Bn., 60th Inf. Reg.	KOHL, Adam M.	SGT	282nd Army Band
FULKS, Jamel C.	SFC	Co. B, 3rd Bn., 60th Inf. Reg.	KOSSOW, Michael J.	SGT	MEDDAC
FURMAN, Quenton D.	SFC	Co. C, 2nd Bn., 39th Inf. Reg.	MACK, Eric M.	SGT	MEDDAC
GANDEE, Christopher M.	SFC	Student Detachment	PARKER, Daniel R.	SGT	282nd Army Band
GROVER, Mark E.	SFC	Co. D, 3rd Bn., 34th Inf. Reg.	PINTO, Zennia F.	SGT	Co. A, 120th AG Bn.
HERNANDEZ, Ivan	SFC	Co. A, 4th Bn., 10th Inf. Reg.	SWARINGEN, Gregory B.	SGT	HHC, 3rd Bn., 60th Inf. Reg.
KASSZA, Stefan	SFC	Co. B, 1st Bn., 34th Inf. Reg.	VANZEGO, Jennifer E.	SGT	DENTAC
LIRIANOTORRES, Cesar D.	SFC	Student Detachment	WHITT, Daniel L.	SGT	HHC, 120th AG Bn.
MCCALL, Stevie R.	SFC	DENTAC	YARBROUGH, Monica G.	SGT	MEDDAC
OWENS, Frederick N.	SFC	USACHCS			

Calendar

**Friday**  
**NCO Academy Lecture**  
3 p.m., 120th Adjutant General (Reception) Battalion Chapel  
Command Sgt. Maj. Stephan Frennier will be speaking. RSVP at 751-3014 or [Eldora.Johnson@jackson.army.mil](mailto:Eldora.Johnson@jackson.army.mil).

**Sunday, Aug. 9**  
**Sunday Worship Concert Series**  
9:30-11 a.m., Solomon Center  
New Seasons of Praise performing.

**Wednesday, Aug. 12**  
**Retired Officers Wives Club**  
Welcome coffee  
10 a.m., Officers' Club

**Tuesday, Aug. 25**  
**Town Hall**  
5:30 p.m., Solomon Center  
Topic: Back to School  
Soldiers, families and civilians are invited to attend.

Announcements

**RECLAMATION SALE**  
A reclamation sale is scheduled from 8 a.m. to 5 p.m., through Friday at 2570 Warehouse Road. Cash only. The schedule is as follows:  
Thursday — All ranks  
Friday — All ranks, retirees and DA civilians.

**CFC TRAINING**  
Training for post staff, key person and project coordinators for the 2009 Combined Federal Campaign is scheduled for Aug. 19 at the Joe E. Mann Center. Training for military personnel is scheduled for 9-11:30 a.m., and training for civilians is scheduled for 1-3:30 p.m. Call 751-2669/4528/4300 for information.

**CPAC CLOSURE**  
The Fort Jackson Civilian Personnel Advisory Center will close early on Aug. 14. Both appropriated and nonappropriated funds, or NAF, offices will be closed after 11:30 a.m. Call 751-5796 for emergencies.

**FITNESS CENTER RENOVATIONS**  
The men's and women's showers and steam rooms at Andy's Fitness Center will be closed for renovations through Aug. 10. Shower facilities will be available at all other gyms and fitness centers.

**FCC PROVIDERS NEEDED**  
A Family Child Care training is scheduled from 8 a.m. to 4 p.m., Sept. 14-18 at the Joe E. Mann Center. Those living in government quarters and Department of Social Services-registered off-post child care providers may apply to become certified to provide child care to military families. An amnesty program is available to those providing child care who are not

certified. RSVP by Sept. 9. Call 751-6234/1293 for information.

**1ST BCTG ARMY RESERVE**  
The 1st Battle Command Training Group Army Reserve is seeking Soldiers for a detachment in the Fort Jackson area. Immediate openings are available for Soldiers in the ranks of sergeant through lieutenant colonel. For more information, call (205) 987-8443 ext. 4414, (205) 444-5208, (205) 444-5163 or e-mail [Larry.KingSr@usar.army.mil](mailto:Larry.KingSr@usar.army.mil), [John.R.Walker@usar.army.mil](mailto:John.R.Walker@usar.army.mil) or [Karlos.Parker@usar.army.mil](mailto:Karlos.Parker@usar.army.mil).

**SEEKING DONATIONS**  
Donate used printer cartridges, toner cartridges, cell phones, PDAs or iPods through Aug. 14. Ink cartridges may be "twice used" but toner cartridges may not be. Collection boxes are located at Moncrief Army Community Hospital in the front lobby, outside Room 214 and in the third-floor mailroom.

**PAY OFFICE RELOCATION**  
The Defense Military Pay Office, Separations Branch, has relocated to Room 240 of the Strom Thurmond Building. The office hours are 7:30 a.m. to 4 p.m. For more information, call 751-5243.

**T-SHIRT DESIGN CONTEST**  
The Family Advocacy Program has opened its T-shirt logo design contest to Soldiers, family members and DA civilians. The design should focus on the theme: "Let's talk about it, not fight about it." The winner will have his or her entry made into a shirt, and receive an iPod Touch. The shirts will be distributed during October, which is Domestic Violence Awareness Month. Contest entries can be submitted until Aug. 31 at the FAP office in Room 218 of the Strom Thurmond Building.

**'COME SEE YOUR ARMY' TOURS**  
"Come see your Army" tours are conducted monthly. The tours provide the community with an opportunity to attend a Basic Combat Training graduation; observe Soldiers in training; get hands-on experience with a state-of-the-art weapons simulator system; eat lunch at a military dining facility; and shop for souvenirs. Call 751-1474/5327 to participate.

**SALEM ROAD CLOSURE**  
Salem Road is closed to automobile and pedestrian traffic from Winston Road to Cobb's Pond Road until Aug. 16.

**LEGAL EDUCATION PROGRAM**  
Applications for the Army's Funded Legal Education Program are being accepted until Nov. 1. The program provides funding for officers, second lieutenant through captain, to attend law school. Selected officers will attend law school beginning fall 2010.  
Applicants must have at least two, but not more than six, years of total active federal service at the time legal training

begins. Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test.  
Applicants must send their requests through command channels, to include the officer's branch manager at AHRC, with a copy furnished to the Office of The Judge Advocate General, ATTN: DAJA-PT (Ms. Yvonne Caron), 1777 N. Kent St., Rosslyn Va. 22209-2194. Applications must be postmarked by Nov. 1.  
For more information, contact Lt. Col. Everett Yates at 751-7657.

**SENIOR LEADERS CONFERENCE**  
TRADOC has scheduled its semi-annual TRADOC Senior Leaders Conference in Gettysburg, Pa. from Aug. 18 to 20.  
TRADOC has invited writers from Small Wars Journal (<http://www.smallwarsjournal.com>) and The National Journal to bring the discussion to the computers of interested viewers.  
Titled "Next Battles," TRADOC leaders will discuss what changes are going on within the organization to prepare Soldiers for what lies ahead.  
The Small Wars Journal will reserve space on their Web site to provide up-to-the-minute blog updates during sessions where readers can participate in dialogue on a discussion board.

Housing events

**Tuesday, Aug. 11**  
**Neighborhood watch**  
5:30 p.m.  
Help in the fight against crime in the housing areas. Join the newly implemented program or become a group leader. A s'mores bonfire in recognition of National S'mores Day will be part of this initial meeting.

**Tuesday, Aug. 18**  
**Neighborhood huddle**  
5:30 p.m.  
Stay updated on construction and get your housing concerns heard.

**Thursday, Aug. 20**  
**Neighborhood huddle**  
10 a.m.  
Stay updated on construction and get your housing concerns heard.

**Every Tuesday**  
**Walking club**  
9 a.m.  
Enjoy a walk through scenic Fort Jackson housing area. Strollers OK.

**Every Thursday**  
**Kid's day**  
10 a.m.  
A variety of crafts and activities for children younger than school age.

*All events are held in the Balfour Beatty Communities management office unless otherwise specified. For more information, call Courtney Williams at 738-8275.*

Pets of the Week



Photos by SUSANNE KAPPLER  
**A 1-year-old male collie mix and an 8-week-old female kitten are looking for homes. For information on pet adoption or other services, call the Veterinary Clinic at 751-7160.**

Off-post events

**PALMETTO PAINTERS**  
The Palmetto Painters August meeting is scheduled for 10 a.m., Aug. 8 at Green Hill Baptist Church, 1734 August Road. For more information, call 781-2340 or visit [www.palmettopainters.com](http://www.palmettopainters.com).

**PURPLE HEART APPRECIATION**  
Purple Heart recipients and their families are invited to a free boat ride 10 a.m., Aug. 13 at the Lighthouse Marina on Lake Murray. Fort Jackson Command Sgt. Maj. Brian Stall will be the guest speaker. Fort Jackson Sergeants Major Association will provide food. Call (910) 574-4684 for information or 749-1554 to reserve a boat.

**SCHOOL SUPPLY DRIVE**  
School supply donations are being accepted for Lynchburg/Shiloh students until Aug. 13. Mail donations to 61 Douglas Swamp Road, Lynchburg, S.C. 29080, or call 753-1648 for donation pick-up.

**TEEN IDOL AUDITIONS**  
Auditions for the Richland County Public Library's Teen Idol competition are scheduled for 2:30 p.m., Aug. 8, Sept. 12 and Sept. 20. Registration forms are available at all RCPL locations, and online at [www.myRCPL.com/teen](http://www.myRCPL.com/teen).

**ADVERTISE IN THE LEADER**  
To place a classified ad, contact Camden Media Co. at 432-6157 or 1-800-698-3514.



# Courage defines honoree

## Murray one of three living South Carolina Medal of Honor recipients

By **TERESA SANDERSON**  
*Leader Correspondent*

In every person’s life there comes a defining moment that tests his or her character, courage and integrity.

For retired Col. Charles P. Murray, Medal of Honor recipient, that moment came Dec. 16, 1944, near the Rhine River in the vicinity of Colmar, France. Company C, 30th Infantry Regiment, 3rd Infantry Division had the mission to take and secure a hill at Kaysersberg, but the Germans had blocked all the roads.

Throughout several days, as other officers in the company were killed or wounded, Murray moved up the ranks from rifle platoon leader, to company executive officer, to company commander. He soon accompanied one of his three platoons on a special mission.

As the platoon of about 35 Soldiers traversed down a narrow winding mountain trail leading to a valley below, he spotted the enemy and ordered his platoon to take cover. Murray had located nearly 200 Germans firing mortars, bazookas, and machine guns into an American battalion occupying the crest of the ridge.

Enemy Soldiers were hiding in a sunken road, but they were visible from Murray’s position on the hillside and open to attack. Hesitant to commit his small platoon to battle a much larger and stronger force, and wanting to protect his platoon, he crawled ahead to pinpoint the exact location of the enemy and radioed for artillery.

The first round missed the target and as Murray was calling for corrections on the range, his radio

went dead.

Murray returned to his patrol, secured a rifle with grenade launcher, and resumed his position on the hill. His first shots on the Germans revealed his location and the enemy directed heavy fire against him. He fired the platoon’s supply of grenades into the sunken trench until he ran out of ammunition.

Murray moved back to his patrol and brought back an automatic rifle and ammunition to his exposed position. Two of his Soldiers continued tossing him ammunition until he had fired an estimated 2,000 rounds at the Germans. By the end of this attack, 20 enemy combatants were killed and many others wounded.

As the rounds landed, the Germans became confused and began to withdraw. A truck he had seen earlier carrying three mortars finally came into position where he could fire upon it. The driver and passenger were killed and the truck was disabled.

By now, mortar had arrived and Murray took over as gunner, firing until all the rounds were gone. This caused about 50 more German casualties, and the enemy began running down a creek. Murray then grabbed his pistol and he and his patrol charged down the trail.

Along the way, he captured 10 Germans. Another German, pretending to surrender, tossed a potato masher grenade, wounding eight Soldiers. Wounded by shrapnel, bleeding, and in pain, Murray took the German Soldier prisoner and continued down the trail.

He refused to return to the rear until he had chosen a position for his men and seen them correctly deployed. Only then did he walk back up the steep hill for assistance. He turned command of his com-

pany over to his executive officer and walked to the Battalion Aid Station.

Murray would be hospitalized until after Christmas. While waiting for surgery, he assisted the nurses in taking care of other patients. After surgery and eager to return to his unit, Murray borrowed a uniform and headed back to his men.

He hitched a ride on an ambulance going to the 3rd Division, caught a ride on a ration truck to the 30th Infantry Aid Station, and hopped a Jeep ride to the battalion command post. Eventually, he returned to his men on the hill where he had left them.

His company held this position until a replacement unit arrived Jan. 1, 1945. Murray continued to command Company C for the rest of the fighting in Europe. The unit fought through the German Siegfried Line.

The Soldiers crossed the Rhine River at Worms and were the first allied unit to enter Munich April 30, 1945. Company C, as part of the 30th Infantry, arrived at Salzburg, Austria May 5, 1945, two days before fighting in Europe ended.

Murray learned from a newspaper article his wife Anne sent him that he had been awarded the Medal of Honor. Gen. George Patton was to present him the medal July 4, but severe weather prevented Patton from arriving. Gen. Geoffrey Keyes presented Murray with the Medal of Honor July 5, on at the Salzburg airport in Austria.

Murray was born in Baltimore Sept. 26, 1921. Murray attended the University of North Carolina for three years before induction into the Army. In 1943, he was commissioned as a second lieutenant. In the summer of 1944, he went to England and joined the 3rd Infantry Division several weeks after

D-Day. He later resumed his studies at UNC and received his bachelor’s degree in June 1946 and returned to active duty in September.

He received a Master’s in International Affairs from George Washington University. In addition to Officer Candidate School, Murray attended the Infantry Officers Advance Course, Airborne School, Armed Forces Information School, Canadian Army Staff College and the National War College.

Murray’s assignments included command and staff positions in Army training centers, the 82nd Airborne Division, United States Forces, Austria; The Infantry School, Fort Benning, Ga.; 3rd U.S. Infantry Regiment (The Old Guard), Fort Myer, Va.; and the Army General Staff, Department of the Army.

He served in Vietnam in 1966-1967 as executive officer and deputy commander, the 196th Infantry Brigade, and commander, 3rd Brigade, 9th Infantry Division. Next, he was assigned to the Office of the Joint Chiefs of Staff in the Pentagon as director, Politico-Military Division, and Joint War Games Agency. At Fort Jackson, he served as commander for the 1st Training Brigade, the United States Army Personnel Center and Headquarters Command. He retired in 1973 with more than 30 years of service.

After retirement, Murray served 10 years as a senior planner for the Department of Corrections. Murray and his wife, Anne, live in Columbia, and will celebrate their 67th wedding anniversary in November. His sons, Charles Murray III (deceased 2004) and Brian Murray both served in Vietnam. They also have a daughter, Cynthia Anne Jones.



Photos courtesy Charles Murray

**Murray walks in between President Kennedy, left, and Brazilian President Joao Goulart during a review of troops April 3, 1962. Murray was the commander of the 3rd Infantry Regiment.**

**AWARDS**

Murray was awarded the Medal of Honor, the highest honor presented to members of the Armed Forces. Murray is one of 95 living Medal of Honor recipients, and one of three living recipients who call South Carolina home.

His other awards include: Silver Star (3 clusters), Legion of Merit (3 clusters), Bronze Star (V Device and 1 Cluster), Purple Heart, Air Medal (6 clusters), Army Commendation Medal, American Campaign Medal, European African Middle East Campaign (4 Bronze Stars), WWII Victory Medal, Army of Occupation Medal, Germany, National Defense Service Medal (1 Cluster), Vietnam Service Medal (2 Bronze Stars), Combat Infantryman Badge (2nd Award), Presidential Unit Citation. The awards from France include: Legion of Honor, Order of Officer, Croix de Guerre with Silver Star, Fourragere. The awards from Vietnam include: Cross of Gallantry with Palm and Gold Star, Civil Action Honor Medal (1st Class), and Vietnam Campaign Medal.



**Far left: Murray and his wife, Anne, are pictured after his return from Europe September 1945.**

**Left: Murray accepts congratulations from Maj. Gen. Robert Hixon, Fort Jackson commanding general, during his retirement ceremony July 30, 1973.**

**Below: Murray after he was presented the Medal of Honor July 5, 1945.**



**ORGANIZATIONS**

Murray is a member of the Congressional Medal of Honor Society, VFW, American Legion, Combat Infantrymen’s Association, Military Order of the Purple Heart, Military Order of the Cooties, Military Order of the World Wars, MOAA, S.C. Sheriffs Association, Celebrate Freedom Foundation, American Society of the French Legion of Honor, American Order of the French Croix de Guerre, AUSA, Society of the 3rd Infantry Division, Society of the 30th Infantry Regiment, 82nd Airborne Division Association, 196th Light Infantry Brigade Association, The Old Guard Association, United States Forces Austria Veterans Association, UNC Alumni Association, and National War College Alumni Association.



# Flu shot, spray give patients options

By **KENNETH COBB**  
*Moncrief Army Community Hospital*

The flu is a contagious respiratory disease caused by an influenza virus. Many people in the U.S. die each year from the flu or its complications. Most of those who die are the elderly, young children, or people with compromised immune systems.

The best way to protect against the flu is to get vaccinated each year. Some people question why they should get a flu vaccination every year. There is good reason.

The viruses that typically cause the flu are primarily categorized as influenza type A or type B. Influenza type B does not change much over time, but type A can mutate rapidly. Therefore, a new form of the flu vaccine must be developed each year to protect people against the exact strains that are expected to be most prevalent.

The yearly flu vaccine change is based on international surveillance and scientists’ estimations about which types and strains of viruses will circulate in a given year.

According to the Centers for Disease Control and Prevention, each vaccine contains three flu viruses — one A (H3N2) virus, one A (H1N1) virus and one B virus.

There are two types of vaccines:  
☐ The flu “shot” — an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6

months, including healthy people and people with chronic medical conditions.

☐ The nasal-spray flu vaccine — a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “live attenuated influenza vaccine.” LAIV is approved for use in healthy people, 2-49 years of age, who are not pregnant.

The ability of flu vaccine to protect a person depends on the age and health status of the person getting the vaccine and the similarity or “match” between the virus strains in the vaccine and those in circulation.

Testing has shown that both the flu shot and the nasal-spray vaccine are effective at preventing the flu. However, different side effects can be associated with the flu shot and LAIV.

## THE FLU SHOT

The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. Minor side effects include: soreness, redness, or swelling where the shot was given; low-grade fever; and aches.

If these problems occur, they begin soon after the shot and usually last one to two days. Almost all people who receive flu vaccine have no serious problems from it. However, on rare occasions, flu vaccination can cause serious problems, such as severe allergic reactions.

People who think that they have been injured by the flu shot can file a claim for compensation from the National Vaccine Injury Compensation Program.

## LAIV

The viruses in the nasal-spray vaccine are weakened and do not cause severe symptoms often associated with influenza illness. (In clinical studies, transmission of vaccine viruses to close contacts has occurred only rarely.)

In children, side effects from LAIV may include:

- ☐ runny nose
- ☐ wheezing
- ☐ headache
- ☐ vomiting
- ☐ muscle aches
- ☐ fever

In adults, side effects from LAIV may include:

- ☐ runny nose
- ☐ headache
- ☐ sore throat
- ☐ cough

Although the flu vaccines may have some side effects, it is best to protect yourself by getting vaccinated.

Check the *Leader* for updates on when the flu shots will be given.

# Navy rear admiral on board as new TRICARE deputy

By **KEVIN J. DWYER**  
*TRICARE Management Activity*

Bringing plenty of ideas and experience from the West Coast to the nation’s capital, TRICARE’s new deputy director can quickly and easily sum up TRICARE’s importance to America’s uniformed service members, retirees and their families.

“When you join the military you’re promised a comprehensive health care benefit,” said Navy Rear Adm. Christine Hunter, the new deputy director of the TRICARE Management Activity. “We want to ensure it is available in all locations and (covers) all the periods of life.”

Now that she is in the Washington area, Hunter said she is ready to get to work, delivering on the promise of TRICARE and improving beneficiaries’ health and overall satisfaction. She is also excited about the challenges of her new assignment. Hunter said she sees providing health care to 9.4 million people as an opportunity for innovation.

“We have the chance to set the standard and lead the nation in comprehensive, high-quality health care with universal access,” Hunter said. “We can showcase our successes and learn from others.”

Hunter would like to explore the possibility of TRICARE offering the “medical home” concept, emphasizing accessibility, continuity, coordination and comprehensiveness. The medical home benefit would give TRICARE beneficiaries an enhanced relationship with their providers, ensuring access, continuity, preventive care delivery

and disease management.

“To implement this concept in our military treatment facilities,” Hunter said, “we’ll need to provide the right mix of both military and civilian providers and support staff.”

In a patient-centered medical home, health care providers and patients work together to set attainable goals and manage the patient’s overall health.

“If I’m your doctor, and you and I develop a partnership, you are far more likely to accept my advice to stop smoking, get a mammogram, or have a screening colonoscopy,” Hunter said.

As a doctor with more than 30 years of experience, Hunter understands the importance of the patient-provider relationship.

“I treasure what I call the ‘sacred space’ between physician and patient,” Hunter said. “We are allowed incredible access to an individual in some of life’s most private moments.”

These moments — of happiness and joy, grief and sadness, confusion and indecision — are the times when a physician can have the greatest impact on a patient or family member’s life, she said.

“We’re invited to help guide them on what can be a journey to rebuilding their lives, restoring hope or walking a difficult pathway that maybe doesn’t end in restored health, but is a journey every family must travel at some time,” Hunter added.

Hunter said she understands the importance of combining good business practices and quality clinical care in military medicine.

## MACH updates

### CATARACT SCREENING

The Moncrief Army Community Hospital Ophtalmology Clinic will conduct quick cataract evaluations tomorrow and Aug. 21 for all beneficiary categories, including active-duty family members, retirees and retiree family members.

A referral is not necessary to call for an appointment. To schedule an appointment, call 751-5406.

### ORTHOPEDIC CLINIC

The MACH Orthopedic Clinic is currently seeing only active-duty Soldiers and certain other patients for follow-up appointments. If you need assistance obtaining orthopedic care, call the referral center at 751-2363

### CANCELLATIONS

To cancel an appointment after duty hours, call 751-2904.

During duty hours, from 7:30 a.m. to 4

p.m., call 751-CARE (2273).

### FOLLOW MACH ON TWITTER

MACH is announcing same-day appointments for primary care on Twitter. These are appointments that were initiated by another patient but were canceled. The open appointment will become available to the first patient to request it. Sign up at [www.twitter.com/machcsd](http://www.twitter.com/machcsd).

### SCHOOL/SPORTS PHYSICALS

MACH will conduct school and sports physicals Aug. 14. These physicals include immunizations, and will be given by appointment at the Family Health Clinic during regular clinic hours.

Patients should call 751-CARE to schedule an appointment for that day, and bring the physical form and immunization record to the appointment. Patients unable to come that day can schedule an appointment with their primary care managers.

### LEADER INFORMATION

☐ Article submissions are due two weeks before the scheduled publication. For example, an article for the Aug. 20 *Leader* must be submitted by today.

☐ Announcements are due one week before the scheduled publication. For example, an announcement for the Aug. 13 *Leader* must be submitted by Aug. 6.

- ☐ Send all submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).
- ☐ For more information, call 751-7045.
- ☐ For questions regarding advertising or subscriptions, call 432-6157.

Follow us on Twitter at [www.Twitter.com/FortJacksonPAO](http://www.Twitter.com/FortJacksonPAO). Log on to your Facebook account and become a Leader “fan” by visiting <http://bit.ly/10gj2x>, or go to [www.Facebook.com](http://www.Facebook.com) and search “Fort Jackson Leader.”



# Military golfers tee off for Long Drive Championship

By **THERESA O'HAGAN**

*Family and Morale, Welfare and Recreation*

For the third consecutive year, the World Long Drive Championship will feature a long drive contest for military golfers and family members. The Fort Jackson Golf Club will host a qualifying event Saturday, 11 a.m. to 3 p.m.

Winners of 20 qualifying events associated with the 2009 Military Long Drive Championship will assemble in Mesquite, Nev., to compete Oct. 28 for a \$10,000 first prize and bragging rights as the longest hitter in the military community.

Coast Guard Ensign Ryan Hixson, who recently completed Officer Candidate School in New London, Conn., is the two-time defending military champion.

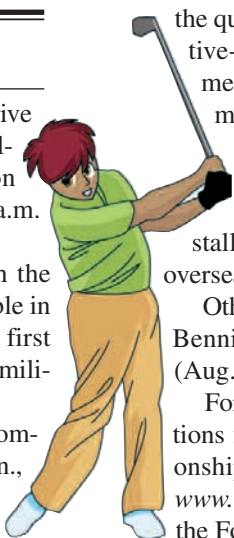
The 2009 Military Long Drive Championship and

the qualifying event at the FJGC is open to all active-duty service members and their family members (over 18), reserves, National Guard members and retirees.

Qualifying rounds for the 2009 Military Long Drive Championship will also take place this summer at 19 armed forces installations — 17 in the United States and three overseas.

Other sites in the Southeast Region include Fort Benning, Ga. (Aug. 24), Fort McPherson, Ga. (Aug. 12), and Fort Bragg, N.C. (Sept. 19).

For complete information on rules and regulations for the 2009 Military Long Drive Championship, visit [www.armymwrgolf.com](http://www.armymwrgolf.com) or [www.longdrivers.com](http://www.longdrivers.com). To register to compete at the Fort Jackson Golf Club, call 751-4377.



# No One Vacations Alone

**Before you go:**

- Lock all doors and windows throughout the house before departing and at the hotel while on the road.
- Unplug most electronic items especially those that are expensive or may have valuable data on them.
- Suspend your newspaper and mail delivery.
- Leave a radio or a low watt light on in the house.
- Do a **TRiPS** report and discuss your travels with your supervisor.
- Contact local law enforcement about a house watch service.

## FMWR calendar

### THURSDAY

- ☐ Visit Century Lanes for food, fun and bowling.
- ☐ Magraders Pub and Club is open for lunch.
- ☐ Visit the Officers' Club 11 a.m. to 1:30 p.m. for specials or the buffet.
- ☐ Comedy Night at the NCO Club. Tickets cost \$12 in advance and \$15 at the door.

### FRIDAY

- ☐ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ☐ Dance to a variety of music provided by DJ Randall at Magraders Club, 9 p.m. to 3 a.m. Magraders Club is located in the back of Magraders Pub. Cover charge is \$5 for civilians and \$3 for military.
- ☐ First Friday Tournament, 1 p.m., Fort Jackson Golf Club.
- ☐ Family Golf Night, 5-7 p.m., Fort Jackson Golf Club.

### SATURDAY

- ☐ Step Team practice, 2 p.m., dance room at the Youth Services Center.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military. Live broadcast from the BIG DM 103.1 with giveaways, 9:30-11 p.m.
- ☐ EFMP annual cookout, 10 a.m. to 2 p.m., Twin Lakes, Shelter 3. Take a picnic dish.

### SUNDAY

- ☐ Family day at the Youth Services Center, 2-6 p.m.
- ☐ Traditional brunch, 11 a.m. to 2 p.m., Officers' Club.
- ☐ Military Long Drive Competition, 11 a.m. to 3 p.m., Fort Jackson Golf Club.

### TUESDAY

- ☐ EDGE Wardrobe Makeover, 4-7 p.m. at the Programs on Parker. For more information, call 751-3053.
- ☐ EFMP bowling, 3:30-5:30 p.m., Century Lanes. The cost is \$1 per person per game and 50 cents for shoes.

### WEDNESDAY

- ☐ Karaoke night with Tom Marable at Magraders Club. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Free lesson on the range, 5-6:30 p.m., Fort Jackson Golf Club.

### ONGOING OFFERS

- ☐ Child, Youth and School Services provides free child care and youth programming on Saturdays for active-duty parents who must work to meet mission requirements. The free child care is also available to parents who are in the National Guard or Reserve during battle training assembly. In addition, child and youth programming is available to other parents at an hourly or daily rate.
- ☐ Victory Travel has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, \$30 per ticket, and Six Flags, \$27 per ticket, for the 2009 season. Some offers require reservations. For more information, visit Victory Travel in the Solomon Center.
- ☐ The Officers' Club is ready to host your next special event. The club's professional staff will ensure every detail is addressed so your event will be to your specifications.
- ☐ The NCO Club breakfast is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.

# Back-to-school issues, opportunities announced

Military families are often requested to be ready at a moment's notice. As military families transition from one state to the next, the age a child can enter kindergarten often varies. Every state has its own cut-off date, which may make enrolling a pre-kindergarten or kindergarten child time-consuming and frustrating.

According to the Department of Defense Education Activity, a child must be 4 years old by Sept. 1 to attend pre-K programs, 5 on or before Sept. 1 for kindergarten, and 6 to attend first grade. Some states have also established policies in line with those of the DoDEA.

Other states, however, have not. According to the Education Commission of the States, state entrance cut-off dates now range from Aug. 31 to Oct. 16.

For more information about kindergarten entrance dates for the U.S. visit <http://www.ecs.org>.

For information about South Carolina's pre-K and kindergarten cut-off dates, contact your local school district.

## ONLINE ENROLLMENT FORMS

Registration forms can be submitted online. This resource was created as an ease-of-use service for parents and will reduce redundant forms with families with multiple children in a school. Parents can access the forms on the district Web site, [www.richland2.org](http://www.richland2.org), under the "How do I" section on the home page. Parents must still go to the school to complete the enrollment process

## ADOPT-A-SCHOOL

As the start of the school year approaches, some Fort Jackson organizations and "adopted" schools are working together to foster nurturing relationships with their school children. An Adopt-A-School meeting for Fort Jackson contacts and local education agencies is scheduled from noon to 1 p.m., Aug. 14 in the Joe E. Mann Ballroom. The schools have also identified students' school supply needs. Items such as paper, pencils, pens, notebooks and folders are on the schools' supply lists. To donate call 751-5259.

## RECONNECTING COMMUNITIES

The Reconnecting Communities Coalition is searching for teen leadership who want to make a difference in their communities. For more information, contact Eunika Simmons, Richland Two, at [ESimons@richland2.org](mailto:ESimons@richland2.org) or Felicia Brown, Richland One, at [FBrown@richlandone.org](mailto:FBrown@richlandone.org).

## SCHOOL OF CHARACTER

Blythewood Middle School has been selected as a 2009 School of Character. The school is one of three selected from South Carolina and one of 369 from across the United States as well as Mexico, Puerto Rico and Brazil competing to be recognized nationally. The Character Education Partnership recognizes educators for their creative ways in teaching character development. Blythewood Middle was selected for its practice "Peer Ambassadors" which will serve as a model for others to replicate and integrate into their character education initiatives. National awards will be presented in Washington, D.C.

## Schoolhouse notes

### SCHOOL START DATES

❑ Fort Jackson schools: Aug. 20, first day for grades 1 through 6; Aug. 24 first day for Pre-K and Kindergarten students.

❑ Richland School District One: Aug. 17

❑ Richland School District Two: Aug. 20

### RIDGE VIEW

❑ Ridge View High School will host an evening event for military families. The event is scheduled for today at 7 p.m.. For more information, call 699-2999 ext. 219

### BACK-TO-SCHOOL NIGHT

❑ RNE's Back-to-School Night and Open House is scheduled for Sept. 3. The evening will open with a brief family meeting at 6 p.m. in the District Auditorium, after which parents will follow their child's class schedule, meet first-semester teachers, and receive general information regarding classes. Information: Susan Levi Wallach, [swallach@richland2.org](mailto:swallach@richland2.org) or (803) 699-2800

### RICHLAND TWO

❑ The next board of trustees meeting is scheduled for Aug. 11, 6 p.m. at Dent Middle School, 2721 Decker Boulevard, The public session will begin at 7 p.m. For the agenda, visit [www.richland2.org/schoolboard/](http://www.richland2.org/schoolboard/).



# Living wills help spell out patients' wishes

By **CAPT. JOHN BATEMAN**  
*Legal Assistance Attorney*

You probably have heard of or read of "living wills." The term is a casual reference for an for an advance medical directive, or AMD.

An AMD is a document a patient creates while healthy. The document expresses your wishes concerning medical treatment if the patient is incapable of making such a decision because of some ailment or injury. It is guide for whether life-sustaining procedures and treatment should be implemented in certain circumstances.

Every adult in the United States has the legal right to consent to or refuse medical treatment, under the Patient Self-Determination Act of 1990. All medical facilities receiving Medicare or Medicaid benefits must tell their patients about this law.

It is very helpful to a patient's doctor and family to make his or her wishes known about the treatment he or she would want if incapacitated. This can be done with an AMD.

In South Carolina, a living will is referred to as a "Declaration of a Desire for a Natural Death." This document specifically declares an intention and desire to receive no life sustaining treatment, or to have such treatment removed, should you be diagnosed with either a terminal illness or persistent vegetative state.

Either condition is required to be certi-

fied by two doctors who have examined the patient.

Life-sustaining procedures usually are defined as any medical procedure or intervention that would only prolong the dying process. Terminally ill usually means an incurable or irreversible condition with no possibility of recovery.

In addition, the AMD will inform health care providers of your wishes regarding artificial sources of nutrition and hydration in these same circumstances (either your decision for or against such treatment).

The document can be revoked at any time. You can do this by telling someone, revoking it in writing or by destroying the document. Let your doctor, family and anyone who has a copy of it know that you have destroyed it.

Since it is impossible to predict every possible contingency in an AMD, having both a living will and a health care Power of Attorney enables you to handle other kinds of disability, or gray-area cases where it is not certain that you are terminally ill, or your doctor or state law fails to give your wishes due weight.

## HEALTH CARE POWER OF ATTORNEY

If you become unable to make decisions

concerning your medical treatment, another person, called an "agent," may make such decisions for you.

This person should know your desires concerning medical treatment, so he or she can act on your behalf.

If no arrangements are made for medical directives and you become incapacitated, the court may appoint a guardian for you. Signing advanced medical directives does not take away your right to decide on treatment, if you are able to do so.

This is done with a special kind of durable power of attorney called a health care power of attorney, or HCPA. In it, you appoint someone else to make health-care decisions for you, including refusing life sustaining treatment if you become incapable of making that decision.

The HCPA can be used to make decisions about things like nursing homes, surgeries and artificial feeding.

Such important decisions should be discussed in advance with your agent, who should be a spouse, child or close friend. You should try to talk about various contingencies that might arise and what he or she should do in each case.

Make sure you put a copy in your med-

ical record. Because it is so much more flexible than a living will, the HCPA is a very useful document that could save you and your family anxiety, grief, and money.

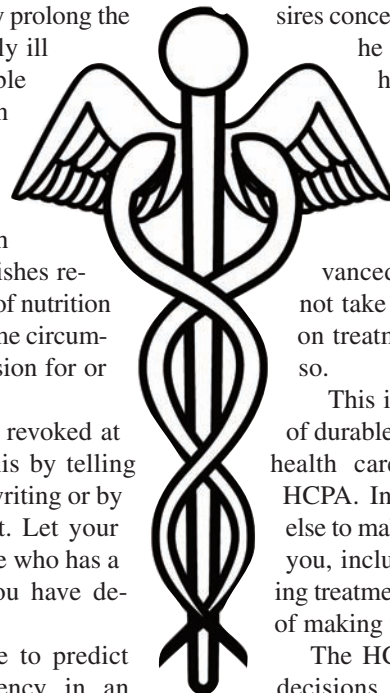
You can revise or revoke the HCPA (or the living will) at any time, including during a terminal illness, as long as you are competent and follow the procedures set out in your state's law. When you change or revoke either document, notify the people you gave the copies to, preferably in writing.

Be sure to discuss your wishes and beliefs concerning medical treatment with your doctor and family. Make copies of your AMD for your doctor's files, agent, family and, if applicable, your health care facility. Discuss the policies of your health care provider and be sure they the provider is compatible with your own beliefs and that your wishes will be honored.

Be sure to consult with an attorney prior to the execution of any of these documents.

## FORT JACKSON LEGAL OFFICE

The Fort Jackson Legal Assistance Office provides legal services to eligible people, including powers of attorney, living wills and health care powers of attorney. These services are available through an appointment with a legal assistance attorney, or on a walk-in basis 1:30-4 p.m, Tuesday and Thursday .



# Regulation outlines inappropriate relationships in military

By **MASTER SGT. ANTOINETTE GREEN**  
*Assistant Inspector General*

While in Basic Combat Training, Pvt. Evol bragged about his relationship with his recruiter. He told his battle buddies he had dinner and went to the movies with his recruiter several times. His battle buddies did not think the relationship was proper, so they told their drill sergeant.

According to AR 600-20 chapter 4-15b, any relationship between permanent party personnel assigned or attached to the U.S. Army Recruiting Command and potential prospects, applicants, members of the Delayed Entry Program or members of the Delayed Training Program, that is not required by the recruiting mission, is prohibited. The prohibition applies to USAREC personnel regardless of the unit of assignment of the permanent party member and the potential prospects, applicants or DEP or DTP members.

All military personnel are responsible for maintaining a professional association with one another. However, the senior person is probably in the best position to set the boundaries for the relationship. Training and leading by example can prevent inappropriate or unprofessional relationships.

If an inappropriate relationship occurs, the command has several options. For example, counseling, a reprimand, order to cease, reassignment, or adverse action to include, but not limited to, bar to reenlistment, separation, court martial or an adverse evaluation report. Commanders must consider all facts and circumstances in reaching a disposition that is appropriate, fair and necessary.

Chapter 4-14 of AR 600-20 applies to all Army personnel and relationships between other military services and Army personnel, to include different-gender and same-gender relationships.

Relationships between Soldiers of different rank are prohibited if they compromise, or appear to compromise, the integrity of supervisory authority or the chain of command; cause actual or perceived partiality or unfairness; involve, or appear to involve, the improper use of rank or position for personal gain; are, or are perceived to be, exploitative or coercive in nature; create an actual or clearly predictable adverse impact on discipline, authority, morale, or the ability of the command to accomplish its mission .

Continuous relationships are forbidden between officers and enlisted service members with the exception of landlord/tenant relationships or a one-time transaction such as the sale of a car.

Additional guidance can be found in AR 600-20, chapter 4 and the Joint Ethics Regulation, DOD 5500.7-R, chapter 2, which provide Army personnel and civilians with minimum required standards of conduct.

# FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

**Lt. Col. Ronald F. Taylor**  
*Director,*  
*Emergency Services/Provost Marshal*  
**Sgt. Maj. Allen Taylor Jr.**  
*Provost Sergeant Major*  
**Billy Forrester**  
*Fire Chief*



Fort Jackson Supplement 1 to AR 190-5, section 5-8 covers the rules and regulations for pedestrians on Fort Jackson. The main points of the regulation to ensure safety for all during summer months are as follows:

☐ Pedestrians will obey all traffic control devices unless otherwise directed by law enforcement officials.

☐ The use of headphones or earphones by those running on streets is prohibited.

☐ Joggers, walkers, or runners are to be extremely cautious when exercising on Fort Jackson. When on the roads, exercise on the side of the road facing on-coming traffic, keeping as close to the roadway edge as possible and making maximum use of the shoulders and walkways.

Those using the roads, sidewalks or shoulder of the road when there is limited visibility must wear reflective armbands, vests or other items of reflective clothing or tape.

☐ Jogging is not permitted on Marion Avenue.

While obeying the post regulations for pedestrians, also be aware of the state laws for pedestrians, which are strictly enforced on Fort Jackson. Violations of these laws could result in a fine of \$85 plus a \$25 court processing fee.

## CASES OF THE WEEK

☐ A Soldier was charged with shoplifting after AAFES security reported he left the Main PX without paying for several items, Military Police said. The MPs said the Soldier was in possession of a video game console and several games. The Soldier was later released to his unit. The value of the stolen items was approximately \$350, MPs said.

☐ A Soldier was treated for an eye injury after a verbal fight turned physical, MPs said. One Soldier struck the other in the face and knee with his weapon. The injured Soldier received three stitches, MPs said.

☐ MPs discovered an unsecured home while responding to a noise complaint. The resident was contacted and, after a search, MPs determined that no crime had been committed.

## TIP OF THE WEEK

Summer months bring about an increase in pedestrian traffic, which makes an increase in vigilance necessary for drivers. The Directorate of Emergency Services has provided some safety tips and legal requirements for pedestrians and drivers on the installation.

**crimestoppers**  
**1-888-559-TIPS**  
[www.midlandscrimestoppers.com](http://www.midlandscrimestoppers.com)

**FORCE PROTECTION  
THOUGHT OF THE WEEK**

**FPCON  
NORMAL**

**FORCE PROTECTION CONDITION NORMAL**  
**Applies when a general threat of possible**  
**terrorist activity exists but warrants only a**  
**routine security posture**



# Army wrestler overcomes controversy

By TIM HIPPS  
FMWR Command

ALEXANDRIA, Va. — Army Spc. Faruk Sahin will probably represent more groups than any Team USA wrestler when he steps onto the mat at the 2009 World Wrestling Championships, scheduled for Sept. 21-27 in Herning, Denmark.

Along with the United States, where Sahin attained citizenship in 2004, he will represent the U.S. Army World Class Athlete Program, based at Fort Carson, Colo.

A native of Ankara, Turkey, he will wrestle with skills developed as a two-time Turkish junior national champion before moving to Colorado Springs, Colo.

After serving a two-year suspension from USA Wrestling for testing positive for a banned stimulant after winning his weight class at the 2004 U.S. National Wrestling Championships, Sahin will represent athletes who have overcome punishment from the United States Anti-Doping Agency.

"I am so happy just winning here at nationals," he said after defeating defending national champion Mark Rial of Gator Wrestling Club to win the 145.5-pound Greco division of the 2009 U.S. National Wrestling Championships on April 10 in Las Vegas. "It's all about continuing to dream. I'm following my dream and I love it."

"My dream was to go to Denmark."

Sahin said leaving his newborn son, Akif Nelson Sahin, at home was the toughest part of national championships week.

Sahin punched his ticket to Herning on May 31 by manhandling Rial in two straight matches of their best-of-three series at the 2009 USA Wrestling World Team Trials in Council Bluffs, Iowa.

"I've been in the finals how many times I don't know, but I've never made the world team or an Olympic team," Sahin said. "This is a good start. I'm still recovering from two injuries and I wasn't ready for this tournament, but with good coaching, I plan to go get the gold at the worlds."

Sahin's long journey to earn a spot on Team USA began when he moved in 2000 from Turkey to Colorado Springs, Colo. He became a member of the U.S. Army Word Class Athlete Program in November of 2003.

"Everybody's dream is to come to the U.S., where the new land is," Sahin said. "When I came here at first I didn't think I was going to stay. I was teaching over there at the



Photo by TIM HIPPS, FMWR Command

**U.S. Army World Class Athlete Program wrestler Spc. Faruk Sahin throws Gator Wrestling Club's Mark Rial en route to victory in the Greco-Roman 145.5-pound division of the 2009 USA Wrestling World Team Trials at the Mid-America Center in Council Bluffs, Iowa.**

university and I had a great job and everything. When I came here, I had no relatives with me, but I love this country, and I decided on my own to stay."

Sahin quit his job and stopped wrestling. At that time, he said he simply "wanted to pursue my life." It wasn't long, however, before Sahin was back on the mat. On April 10, he won his weight class at the 2004 U.S. National Wrestling Championships.

His wrestling careers, however, was put on hold when the USADA announced the decision by an independent three-member arbitration panel from the American Arbitration Association/North American Court of Arbitration for Sport to impose a two-year suspension for Sahin's first-time doping violation for the use of phentermine, a prohibited substance under the rules of the Federation Internationale des Luttes Associates, the international federation for the sport of wrestling.

USA Wrestling and the U.S. Olympic Committee concurred, and Sahin accepted and began serving the suspension on May 18, 2004. He also was released from WCAP and returned to his Army unit.

Years of hard work and dedication were required for Sahin to get reinstated in WCAP and wrestle back into world championship contention.

"He was only allowed to reapply for WCAP after he reestablished himself as a Soldier," Wilson said. "We received a glowing letter of recommendation from his chain of command, and based on his performance as a Soldier, we gave him an opportunity to serve in WCAP again to pursue his Olympic dream."

"Since he came back, the commander and first sergeant have had nothing but glowing comments about him. He is performing very well not only as an athlete, but as a Soldier."

## Taking the gold



Courtesy photo

**D'Andre Harley, center, is awarded the gold medal for the 11-12 year-old boys 200-meter dash during the Hershey's Track and Field Games last week. D'Andre, 12, is the son of Darius Fletcher, U.S. Army Chaplain Center and School, and Sgt. 1st. Class Ruby Fletcher, 626 Brigade Support Battalion, 3rd Brigade Combat Team, Fort Campbell, Ky.**

## Sports shorts

❑ Volunteer coaches are needed for Youth Sports flag football, cheerleading, soccer and volleyball. Coaches must be certified by the National Alliance of Youth Sports Coaches Association. Certification training is provided free. For more information, call 751-5040.

❑ A football punt, pass and kick clinic for children 6-13 is scheduled for Aug. 26, 6 p.m. at the Youth Sports Complex.

❑ Those interested in participating in the swim meet must submit their names and

the events they plan to participate in by Aug. 18. The event is scheduled for Aug. 25. For more information, call the sports office at 751-3096.

❑ Letters of intent for flag football are due Sept. 16. Flag football is open to active duty Soldiers only.

❑ The fall tennis season is scheduled from Oct. 5-23.

Those interested in participating must submit their names and the events they plan to participate in by Sept. 29.

### CONTACTING THE LEADER

❑ The *Leader* accepts ideas for articles relevant to the Fort Jackson community. Send your story ideas to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil) or call 751-7045.